



THE POLO EXPRESS

NOVEMBER/DECEMBER 2022
Community Newsletter for Polo Trace Homeowners



Take a look inside to see what is happening at The Polo Trace Swim & Racquet Club

Contacts

Swim & Racquet Club

13405 Whistler Mountain Road
Delray Beach, FL 33446

Lifestyle

Michelle Lehrer, Lifestyle Director
(561) 499-1992, Ext. 204
lifestyle@polotracehoa.com

Property Management

Akamie Insardi, Property Manager
(561) 499-1992, Ext. 205
pthoa@comcast.net
Jimmy Lanham, III, Assistant
Property Manager
(561) 499-1992, Ext. 206
jimmy.lanham@fsresidential.com
Andres Surita, Administrative
Assistant
(561) 499 -1992, Ext.201
andres.surita@fsresidential.com

The Palms at Polo Trace

Matt Morse, General Manager
(561) 499-1992, Ext. 203
thepalms@polotracehoa.com

Reservations & Takeout Orders
(561) 639-7936

Tennis & Pickleball

Eden Lica, Director/Head Pro
(561) 499-1992, Ext. 202
(516) 253-9697 - Cell
polotracetennis@gmail.com

Fitness

Total Health Systems Inc.
Jason Rowe, Fitness Attendant
(561) 499-1992, Ext. 208
(561) 706-1141 - THS Office
info@totalhealthsystemsinc.com

2022 Boards of Directors

The Preserve BOD

Mona Boxer
Ann Carro
Rob Cuskaden
Kay Drews
Frank Giacchino
Rick Gray
Alleen Rutherford

The Lakes BOD

Bill Golodner
Gary Levine
Tina Natale

Swim & Racquet BOD

Rob Cuskaden
Kay Drews
Frank Giacchino
Bill Golodner
Gary Levine

From Your Lifestyle Director



Dear Residents,

We've had a great couple months during September and October here at Polo Trace with all the events that's been organized in our beautiful community! Winter is around the corner and we have more and more residents coming back as we start approaching busy season and that means we will have more activities and events!

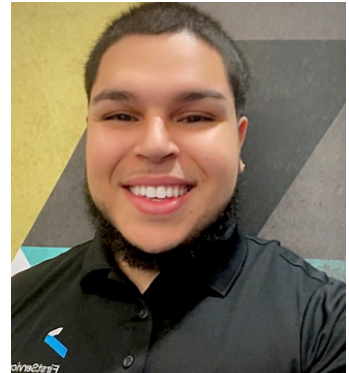
Please click on our weekly emails so you can get all the updates from what is happening here at Polo Trace, Stop by our Clubhouse to pick up some flyers, newsletter and take a look at our posters with all upcoming events and Club information.

Feel free to stop by my office or email me with any questions or concerns!

Sincerely,

Michelle Lehrer

A Letter From Property Management



Myself, Jimmy and Andres want to extend our gratitude to all of our residents near and far. Our Polo Trace family has welcomed our new team with open arms and we are entirely grateful and appreciative to all of you. We welcome all of your smiling faces, introductions and warm greetings.

We are always here to assist you with questions, concerns and issues relating to the community. Please do not hesitate to contact our office.

Sincerely,

Your Management Team,

Akamie Insardi, Jimmy Lanham III, Andres J. Surita



POLO TRACE CLUBS

Great way to meet your neighbors and make new friends is by joining any of the Clubs below! If interested please email at lifestyle@polotracehoa.com or contact the Club leader directly. All info below.



ART CLUB

Join us every Friday from 10:00 a.m. - 1:00 p.m. in the Fitness/Multipurpose room.
Contact: Lynn Holland
Email: laplume3662gmail.com

BACKGAMMON CLUB

Did you know that backgammon is one of the oldest board games? Would you like to learn how to play or connect with others who are also share your interest in the game?
Contact: Elliot Fisch
Email: elliot.fisch@gmail.com

BEACH CLUB

Do you love sun, sand & surf? Join us on excursions to beautiful area beaches (using our own transportation) for sunbathing, swimming, beach sports, barbecue, and socialization.
Contact: David Comisar
Email: thecomisar@yahoo.com

BOCCE CLUB

Would you like to learn a fun game for singles and couples as well as all ages and skill levels? Open play for anyone interested is every Thursday from 11:00 a.m. - 12:30 p.m.
Contact: Jeff Elias
Email: jeffelias99@aol.com
Contact: Scott Paris
Email: parisscott1@yahoo.com



BOOK CLUB

Do you love to read? Our meetings are held on the fourth Tuesday of each month at 7:15 p.m. in Social Hall.
Contact: Arlyne Sternburg
Email: asternburg@yahoo.com

CANASTA CLUB

Men, women, couples welcome to join in social card play. The Club plans to meet once a month on a Friday evening. Specific dates will be announced.
Contact: Peggy Elias
Email: peggyelias3332gmail.com



CHESS CLUB

Join our Chess Club to practice, learn, and sharpen your skills. Members of all skill levels are welcome.
Contact: Jonathan Rausch
Email: rauschrealtor@gmail.com

FISHING CLUB

Are you interested in exploring both salt and fresh water fishing spots? Maybe even go on a fishing charter?
Contact: Jonathan Rausch
Email: rauschrealtor@gmail.com



KIDS CLUB

Would you like your children to meet others in the neighborhood? From toddlers to teens and every age in between.
Contact: Scott Sooner
Email: scott@myfmsa.com

MEN'S GOLF CLUB

Come on out and play weekly rounds, participate in tournaments and be part of the Polo Trace Men's Golf Club!

Contact: Jeff Elias

Email: jeffelas99@aol.com

Contact: Joel Goldstein

Email:

jgoldstein14@gmail.com



MEN'S PICKLEBALL CLUB

Whether you are a beginner or an expert, come join us! Great way to meet your neighbors while staying active.

Contact: Jonathan Rausch

Email: rauschrealtor@gmail.com

PAP CORPS CLUB

South Florida's largest organization wants you! Be part of the Polo Trace community. We love our members!

Contact: Ann Carro

Email: ascarro@aol.com

PHILANTHROPY CLUB

Are you looking for the opportunity to give back by donating your time and talents to support charitable organizations? Then this Club is for you!

Contact: Charlene Amster

Email:

polotracepc@gmail.com

SOFTBALL CLUB

Come on out and play ball! Club will play in Sunday League beginning in October or November. League games are from 9:00 a.m. - 12:00 p.m.

Contact: Jeff Elias

Email: jeffelas99@aol.com

Contact: Brian Moriarty

Email:

brmoriarty17@comcast.net



TENNIS CLUB

Want to come play tennis with your neighbors? Join the Polo Trace Tennis Club today! We will pair you up and get you on the court. No matter what your level is, we will find a game for you!

Contact: George Kamkoff Miller

Email:

gkmoged@gmail.com



WALKING CLUB

If you're looking to get some outdoor exercise and walk with neighbors, please join the walking club.

Contact: Dave Berkowitz

Email:

dave.berkowitz@gmail.com

WOMEN'S CLUB

Would you like to meet other women in the community and participate in activities and events that will allow you to learn, have fun, share experiences, build friendships, support each other and create memories?

Contact: Linda Tepper

Email:

lindatepper@rocketmail.com

Contact: Meryl Greenhill

Email:

merylgreenhill@gmail.com



WOMEN'S GOLF CLUB

Meet other women who share your love of golf while having fun and making new friends. Social or league play.

Contact: Cindy Duboff

Email:

cindyduboff@gmail.com

WOMEN'S PICKLEBALL CLUB

Open to all women who want to play pickleball, have fun and make new friends and get some exercise. All levels are welcome. Club plays on Monday evenings from 5:00 p.m. - 8:00 p.m.

Contact: Sue Wells

Email:

swells1960@icloud.com

Contact: Renee Arje

Email: renee.arje@gmail.com



HOA EVENTS

LET'S BINGO!

Come with a team or come on your own!

Thursday, November 17, 2022

7:00 PM - 9:00 PM



Location: Social Hall

Cost: \$25 per person includes 2 cocktails plus entrance fee.

We'll have a satellite bar inside the Social Hall!

Click link on flyer to make your purchase through PayPal.

Deadline to register: November 14th

RSVP: lifestyle@polotracehoa.com

We look forward to seeing you!

Santa is waiting for you!

Come take your pictures in our Clubhouse with santa for a special memory!

While you're here feel free to stop by The Palms for some drinks and dinner and enjoy this special celebration!

**Wednesday, December 21st
From 6:30 pm - 8:00 pm**

TENNIS & PICKLEBALL

From Your Racquet Sports Director



Dear Residents,

I hope you all had a great summer and you played tennis & pickleball! I'm very excited for our new season starting in September and we'll have a lot of clinics, tennis & pickleball events. Our Polo Trace teams will be competing again and hopefully we'll bring a lot of trophies because we're the best!!! Welcome back to you all!!

Your Racquet Sports Director,

Eden Lica



PRIVATE TENNIS & PICKLEBALL LESSONS
\$100 FOR ONE HOUR
\$50 FOR 30 MINUTES



Your Tennis & Pickleball Pro, Eden Lica is ready to help you advance your technique with both Tennis & Pickleball.

To reserve your spot call or email at:

polotracetennis@gmail.com
(561) 499-1992 (ext.202) or (516) 253-9697
www.polotracelifestyle.com

TUESDAY BEGINNER & INTERMEDIATE PICKLEBALL CLINIC

6:00 p.m. - 7:30 p.m.

\$30 pp

Have you ever played pickleball before? Are you new and want a better understanding of the basic? This clinic will focus on learning pickleball rules, skills and strategy.

For the intermediate players we will have point play, fun dynamic drills and once a month, a friendly home tournament.

Space is limited to a maximum of 16 players.

Register today to reserve your spot!

Email or call:

polotracetennis@gmail.com
(561) 499-1992 or (516) 253-9697

All clinics require reservations 24 hours in advance and a 24-hour cancellation policy applies.

A minimum of 4 players are required for clinics to occur. Payments can be made in person to Eden in the clubhouse office or online at www.polotracelifestyle.com. Visit the Tennis & Pickleball main tab and click "Book Courts" to sign up for clinics. Visit www.polotracelifestyle.com to book your court today!

MIXED DOUBLES
WIMBLEDON TOURNAMENT
AT POLO TRACE
ALL WHITE TENNIS



Round Robin Format

Date: Saturday, December 10
Time: 9am - 11:00am
Registration: \$15 pp
Deadline: Friday, December 2

Wear all white on the courts as you compete in a Mixed Double Tennis Tournament for intermediate and advanced players. Trophies will be awarded to the 1st, 2nd and 3rd place winners.

Refreshments will be served.

To register contact our Racquet Sports

Director, Eden at:

polotracetennis@gmail.com or 516-253-9697

Men's Pickleball
Tournament of Champions



Date: Saturday, November 26
Time: 9am - 11am
Registration Fee: \$15 pp
Deadline: Friday, November 18

Round Robin Format.
Each match will be one set to 11 points.
At 10 - 10 deciding point.
Maximum of 8 teams.
Official Ball: Onix Pure 2

Light refreshments will be provided.

Pickleball is the fastest growing sport in America and our Polo Trace residents love it! So let's make it official and start competing in the first tournament of the season!

WOMEN'S PICKLEBALL
TOURNAMENT OF CHAMPIONS

Date: Saturday, November 5
Time: 9am - 11am
Registration Fee: \$15 pp
Deadline: Friday, October 28



Round Robin Format.
Each match will be one set to 11 points.
At 10 - 10 deciding point.
Maximum of 8 teams.
Official Ball: Onix Pure 2

To register or for questions contact Eden at:
polotracetennis@gmail.com or text 516-253-9697

Light refreshments will be provided.



FITNESS

Personal Training

Total Health Systems Trainers will help you develop greater flexibility, strength and endurance. Personal training can improve your cardiovascular system and help support sport-specific training such as tennis, golf, and more!

Schedule a FREE fitness evaluation today!

30-Minute Sessions:

10 Sessions = \$450 = \$45/30 mins.
3 Sessions = \$150 = \$50/30 mins.

60-Minute Sessions:

15 Sessions = \$900 = \$60/hr.
10 Sessions = \$650 = \$65/hr.
3 Sessions = \$210 = \$70/hr.

Fitness Class Descriptions

Fit Camp - Fit camp is a fun and energetic class that gives you cardio, toning, and flexible exercises while working on your balance and core stability.

Yoga - Yoga is a stretching class with simple breathing exercises and seated meditation. Empower your mind and strengthen your body as you move through a series of poses. Slow paced class for all levels.

AquaFit - Come enjoy a low impact water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, overall body and core strength, muscle tone, and cardiovascular endurance while using the resistance of the water to cushion the feet, knees, and back. Exercises are performed to upbeat, motivating music.

Pilates - Through a series of floor exercises using resistance, the workout helps build, sculpt, and tone muscles, giving your body a long, lean look. Pilates can aid in flexibility and improving posture as stretching your body is a vital part of class.

Stretch & Tone - This class is a full body stretch class using movements that flow smoothly to increase flexibility, decrease muscle tension, develop core strength and improve muscular balance. This class is for all levels.

Zumba - A fun, music driven, and dynamic fitness class that pairs movement to music using an Intermittent Approach. This approach allows for levels of intensity to vary. This is a great energizer and aerobic/cardio workout for the entire body. Zumba burns calories, focuses on Endurance, Agility, Flexibility, Coordination, and Speed. Fitness and fun while continually moving your body through upbeat Latin inspired music, as well as international music.

Fitness Classes

\$35/month

*\$25/month

Fitness/Multipurpose Room Schedule

Monday Tuesday Wednesday Thursday Friday Saturday

9:00 a.m. Water Aerobics	9:00 a.m. Water Aerobics	9:00 a.m. Water Aerobics	9:00 a.m. Water Aerobics	10 a.m.- 1p.m. Art Club	*10:30 a.m. Stretch & Tone
9:15 a.m. Fit Camp	9:00 a.m. Yoga	9:15 a.m. Fit Camp	9:00 a.m. Yoga		
10:30 a.m. Zumba	10:00 a.m. Water Aerobics	10:30 a.m. Zumba	10:00 a.m. Water Aerobics		
			*6:30 p.m. Zumba		
12:00 - 8:00 p.m. Ping Pong Open Play	12:00 - 8:00 p.m. Ping Pong Open Play	12:00 - 8:00 p.m. Ping Pong Open Play			
Subject to change					

Equipment Clinics

We offer monthly FREE Fitness Center equipment clinics where you can learn how to use the machines, ask any questions, and get oriented in the Fitness Center. You can sign up by clicking on the "Fitness" tab at www.polotrancelifestyle.com or by contacting the fitness vendor at info@totalhealthsystemsinc.com.

Visit www.polotrancelifestyle.com to book today!



THE PALMS

DISCOPARTY

SATURDAY, NOVEMBER 12, 2022

5:00 PM - 9:00 PM

\$22++pp Children under 12

\$38++pp no cocktails

\$48++pp includes 2 cocktails

Come Get Your Groove on!

**Includes Live Music, Appetizers, Dinner,
Dessert, Iced Tea, Infused Water, Coffee
Station**

Premium Bar Set Up in Social Hall
Iced Tea & Water Station

Gourmet Crudites & Dips Bar 5:00 - 6:30

Dinner Buffet 6:30 - 8:00

Italian Chopped Salad

Dinner Rolls & Whipped Honey Butter

Grilled Chicken Breast in a White Wine Sauce

Mashed Potatoes

House Baked Ziti

Penne Pesto

Gluten & Vegan Friendly Penne Pesto & Marinara Available

Dessert (8:00 - 9:00)

Coffee Station

Assorted Cookies

Brownie Bites

Burgers & Beer Nights

Just
\$12

Wednesdays
ALL DAY!

Come enjoy one of our Smash Burger sandwiches. Choose from:

- Bacon Cheese Smash Burger
- Mushroom Swiss Smash Burger
- Black & Blue Smash Burger
- Plain Smash Burger

All
Beers
\$4



HAPPY HOUR

1/2 PRICE
COCKTAILS!

WEDNESDAY - SUNDAY
4:00 PM - 6:00 PM



The Palms
AT POLO TRACE

THE PALMS

SEE RESTAURANT STAFF FOR DETAILS

50% OFF
SELECT WINE
BOTTLES

@THEPALMSATPOLOTRACE

The Palms
AT POLO TRACE

Monday & Tuesday:
Closed

Wednesday - Sunday:
12:00 p.m. - 9:00 p.m.

Happy Hour-1/2 price cocktails
Wednesday - Sunday
4:00 p.m. - 6:30 p.m.

Chef's Specials
Thursday - Sunday

561-639-7936
thepalms@polotrace.com

SOCIAL COMMITTEE EVENT



Holiday Cookie Decorating

Wednesday, December 21, 2022
5:00 pm - 6:30 pm

Cost: \$15 per person

Organized by your Social Committee! Come join us for some cookie decorating! All supplies will be provided for you to decorate along with cookies. This event is for all ages and will be held in our Social Hall. After our cookie decorating, pass by our Lobby for some pictures with Santa! Click link on flyer to register through PayPal
Deadline to register: December 14th



POLO TRACE HOA EVENTS & CLUB EVENTS

Ping Pong Competition



Trunk or Treat

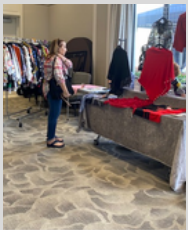


Halloween



POLO TRACE HOA EVENTS & CLUB EVENTS

Pap Corps - First Holiday Boutique



Pap Corp - Fun with Flowers



Pickleball Club



**Did you know you can rent our beautiful Social
Hall for private events? Weddings, Bar/Bat
Mitzvahs, Showers, Anniversaries, Birthdays
and much more!**

**Contact the Lifestyle Director for further details
at 561-499-1992 Ext.204 or email:
lifestyle@polotracehoa.com**

Private **EVENT**

Stay Connected



@polotrancelifestyle
@thepalmsatpolotrace



@polotrancelifestyle



www.polotrancelifestyle.com

Our community website is designed to make it easy to get information of what is happening here at The Swim & Racquet Club. Please visit the community website to get the latest information on HOA Events, Clubs, Fitness, Tennis & Pickleball, Restaurant, and more! You can also access the First Service Residential website where you can submit work orders and pay your HOA dues. If you are in need of login credentials for community website, please e-mail Michelle, the Lifestyle Director, so we can get you setup.

POLO TRACE
SWIM AND RACQUET CLUB

13405 Whistler Mountain Road
Delray Beach, FL 33446